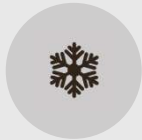


The background is a collage of three winter scenes. The left panel shows a stone wall and snow-covered trees under a cloudy sky. The middle panel shows a close-up of snow-laden evergreen trees. The right panel shows a wide view of a snowy mountain range with evergreen trees in the foreground.

PREPARING FOR WINTER

International Student Services Office
Carleton University
January 2024

Agenda



THE WINTER
BASICS



CLOTHING
TO OWN



WHERE TO
SHOP



CARING FOR
YOURSELF



WINTER
ACTIVITIES



A photograph of a clothing store rack filled with winter apparel. In the foreground, several sweaters are hanging: a blue one with a large white 'O' on the left, a red one in the center, and another red one on the right. A grey and black patterned scarf is draped over the red sweater in the center. The background shows more clothing items on the rack, including a white hat and a blue hat. The text 'WINTER BASICS' is overlaid in white, serif font, centered within a white rectangular border.

WINTER BASICS

Ottawa Winter Facts

- In winter, the Rideau Canal in downtown Ottawa becomes the longest skating rink in the world (7.8 km).
- Ottawa is the seventh coldest capital city in the world.
- The average snowfall over a year in Ottawa is 236 cm (92.8 inches)





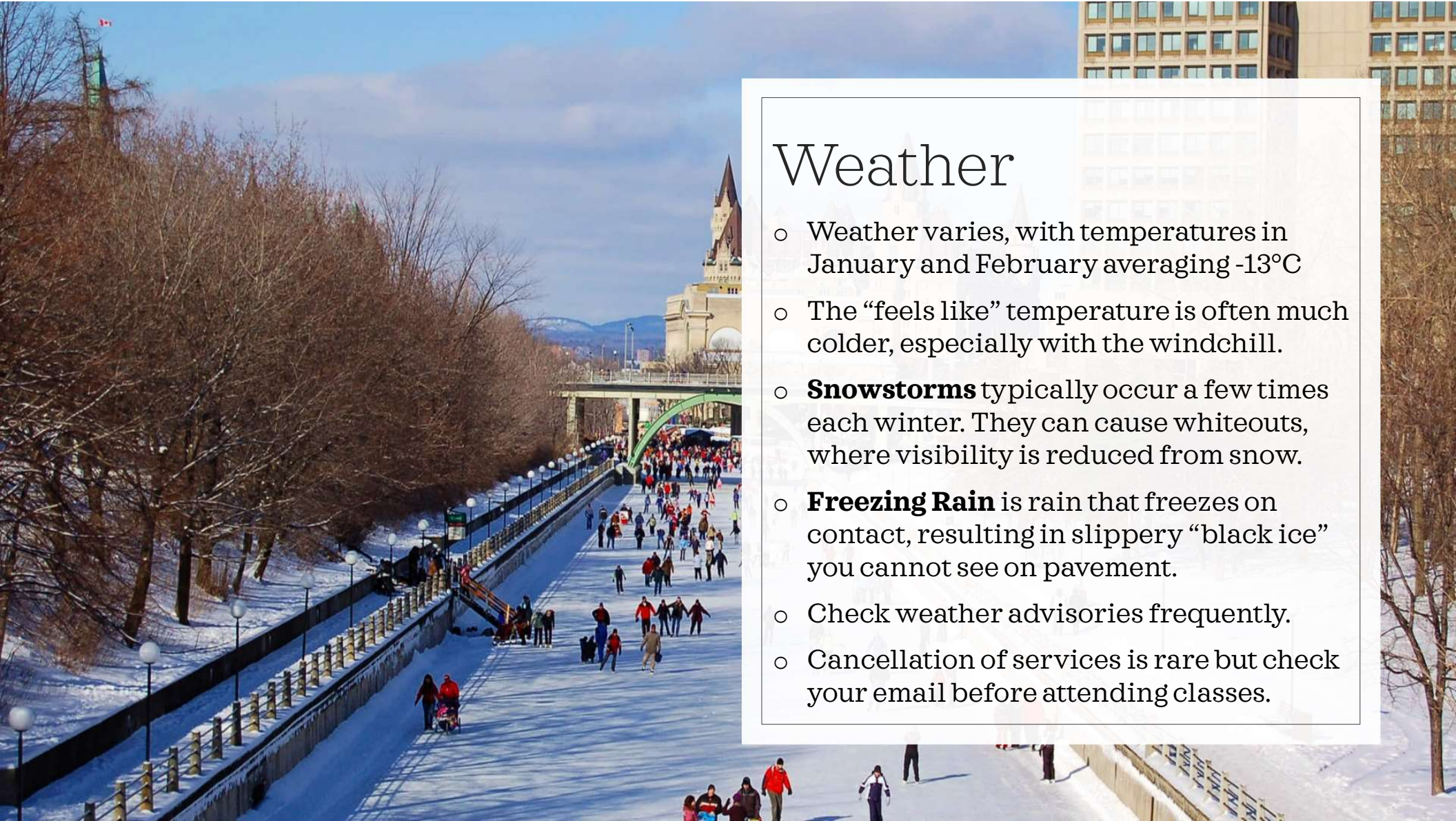
Snowfall

- In general, the first few snowfalls will melt shortly after landing.
- The snow usually stays in December, but this fluctuates every year.
- The snow typically melts away during April or early May.
- The snow is deepest from January to February.
- There is an average of 21 cm of snow on the ground during this time.



Daylight

- Ottawa is one of the sunniest cities in Ontario. Most winter days are sunny or overcast.
- Shorter days indicate winter is approaching.
- December 21 is the shortest day of the year. The sun sets at 4:23 pm.
- Daylight Savings Time will end on Sunday, November 3, 2024: we set clocks backwards by one hour.



Weather

- Weather varies, with temperatures in January and February averaging -13°C
- The “feels like” temperature is often much colder, especially with the windchill.
- **Snowstorms** typically occur a few times each winter. They can cause whiteouts, where visibility is reduced from snow.
- **Freezing Rain** is rain that freezes on contact, resulting in slippery “black ice” you cannot see on pavement.
- Check weather advisories frequently.
- Cancellation of services is rare but check your email before attending classes.

Transit

- Snow can delay traffic: allow plenty of time to travel across the city.
- Buses: Reliability of schedules decreases on snowy days. Check apps like **Moovit** or **Transit** before waiting at bus stops in the cold.
- Drivers: Winter tires help to grip snow. On snowy days, leave time for clearing snow, shoveling, and driving slower.



WHAT TO WEAR
DURING
WINTER





Before We Shop

- Our goal is to stay warm and dry
- **Insulation** maintains the heat of the body through trapping pockets of air between fibres
- **Moisture wicking** takes wetness away from the body

Materials To Know

- Wool
- Down
- Fleece
- Synthetic insulators like: Thinsulate, Polartec and PrimaLoft
- Avoid cotton

Must Haves...

◦ **Head**

- Hat / Toque
- Scarf / Neck warmer
- Sunglasses

◦ **Upper Body**

- Waterproof parka
- Sweaters and warm underlayers

◦ **Lower Body**

- Leggings or long johns
- ***Snow pants or waterproof pants

◦ **Extremities**

- Waterproof mittens / gloves
- Insulated winter boots
- Wool socks



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Winter Jackets

- Length should cover your backside
- Look for a waterproof outer layer
- An adjustable hood helps with a snug fit
- A covered zipper helps make sure cold air stays out
- Make sure it is large enough for a sweater underneath
- Large pockets are useful for quick access to items while wearing mitts!



Winter Boots

- Look for water resistant and insulated boots
- The higher the boot, the better to keep out water and snow
- Look for traction - deep grooves help prevent slipping on ice
- Boots should be flexible enough for you to move around in a normal day, easy to get on and off, and comfortable enough that you will wear them.
- Tips:
 - Wear heavy socks when trying on boots to make sure you have enough room



| | Shell | Warm | Warmer | Warmest |
|------------------------|-------|------|--------|---------|
| Base layer | 10° | 5° | 0° | -10° |
| Mid layer | 5° | 0° | -10° | -20° |
| Base layer + Mid layer | 0° | -10° | -20° | -30° |

LAYERING 101

Layers you can take on or off help to retain heat and adjust to temperatures. Layers can be fitted but should not be too tight

DRESSING FOR COLD WEATHER



adding layers will help keep you warm as the temperature drops

CHILLY



COLD



EXTREME COLD



[weather.gov/safety](https://www.weather.gov/safety)

Things to keep in mind when dressing



Make sure you are updated with the **Weather app** on your computer and phone. The weather app is now your best friend.



Dress based on the 'Feels like' or coldest temperature.



Pay keen attention to the "windchill".



Its always better to be safe than sorry so dress warmly!



Things to Avoid

- Buying winter clothes before arriving in Ottawa
- Purchasing winter boots without looking at the soles
- Ignoring maintenance instructions: clean with care!

A photograph of a clothing store rack filled with winter sweaters. The sweaters are in various colors including red, blue, and grey. The text "WHERE CAN I BUY WINTER CLOTHING?" is overlaid in white, serif font, centered within a white rectangular border.

WHERE CAN I BUY
WINTER CLOTHING?

Winter Clothing Is An Investment

Costs

- Vary substantially depending on the stores you visit
- Reasonable to spend \$75 to \$300 on a new winter jacket and \$50 to \$300 on new winter boots

Ways to Save

- Look for regular and student discounts (including through the **Flipp app**)
- Watch weekly fliers (online) for sales and specials
- Compare prices online and in stores
- Purchase items during annual sales, off-season and end-of-season sales
- Consignment and thrift stores are used by Canadians regardless of income

Places To Shop

Rideau Centre

- [Eddie Bauer](#)
- [Hudson's Bay](#)
- [Simons](#)
- [Sport Chek](#)
- [Canada Goose](#)
- [Simons](#)
- [Gap](#)

South Keys

- [Mark's](#)
- [Walmart](#)
- [Winners](#)

Gently Used

- [Value Village](#)
- Salvation Army
- [St Vincent de Paul](#)
- [Kijiji](#) (be careful)
- Consignment stores
- Facebook marketplace

More Ottawa Stores

- [Mountain Equipment Co-Op](#)
- [Bushtukah](#)
- [Sail](#)
- [Decathlon](#)

A winter landscape with snow-covered mountains, trees, and a small wooden structure in the foreground. The scene is set in a valley with a frozen lake or stream. The mountains in the background are rugged and covered in snow, with some peaks reaching into a clear blue sky. The foreground is dominated by snow-covered evergreen trees and a small wooden structure, possibly a well or a shrine, with a snow-covered roof. The overall atmosphere is cold and serene.

HOW WILL MY BODY
REACT TO THE COLD?

Everyone's body is different, but if you are not properly dressed for the cold you may experience:

- Itchy and dry skin and lips
- Runny nose
- Shivers and goosebumps
- Wet hair will freeze
- Decreased motor abilities in your hands and mouth
- “Frostbite” - If exposed in extreme for too long, skin and underlying tissue can freeze. Skin will become cold/red/numb and then turn pale. Frostbite is most common on the fingers, toes, nose, ears, cheeks and chin.



A group of people are snowshoeing through a snowy forest. The trees are bare, and the ground is covered in snow. The scene is dimly lit, suggesting an overcast day. The text is overlaid on the center of the image.

HOW CAN I TAKE CARE
OF MYSELF DURING
WINTER?



Body

- Combat The Effects of Dryness
 - Avoid over showering, and make sure to always moisturize afterwards
 - Keep lip chap handy
- Check Weather Reports
 - Dress properly
 - Wear sunscreen
- Stay Safe
 - When on icy paths, slow down and take smaller steps
 - Watch for falling ice when leaving buildings



Prepare for Cold and Flu Season

- Drink plenty of liquids
- Get enough sleep
- Supplement your diet with lots of fruits and vegetables to get vitamins you need
- Wash your hands often
- Consider getting a flu shot
- Keep warm
- Stay COVID-wise



Mind

- Be aware of the “Winter Blues”: mood changes can be common as the days get colder and darker.
- You may feel lethargic and gloomy, but there are things you can do!
- Go outside often, especially during the daytime hours
- Check out winter activities to find ones you enjoy
- Stay active
- Make time for laughter
- Reach out if you need help adjusting to winter



Resources For Support

- Residence Fellows
- [Mental Health & Well-Being Website](#)
- [Health and Counselling Services](#)
- [Empower Me \(CUSA\)](#)
- Carleton.ca/wellness



Ottawa's Winter Activities To Try

- Activities To Try
 - Skating on the Rideau Canal Skateway , City Hall or at Lansdowne Park skating Rink
 - Snowshoeing in Gatineau Park
 - Skiing (the Carleton University Ski and Snowboard Club arranges transit to local hills)
 - Building a snowman
 - Attending holiday markets
 - Sports To Enjoy:
 - Take in a hockey game from the Ottawa 67s at TD Place or the Ottawa Senators at the Canadian Tire Centre
- Festivals
 - Christmas Lights Across Canada (December)
 - Winterlude (February)



ENJOY YOUR WINTER IN OTTAWA!

Contact isso@carleton.ca

Visit: carleton.ca/isso

Follow: [sl_ravens](#)